

2^{THE} RESCUE

LIFE SAVING TRAINING

Kent County Fire Service Personnel, Their Loved Ones & Friends

Zero to 60: Career Survival & Emotional Wellness

Thursday March 15, 2018

6:30 to 9:30 p.m.

Walker Community Center @ 4101 Lake Michigan Dr. NW Walker, MI 49534

"A great chance to take the time and internally reflect on how we need to continually remind ourselves that our emotional well-being is as important to our survival as maintaining our tactical skills."

This seminar will educate through "boots on the ground" experiences and will provide firefighters and their loved ones with a clear picture on why this profession leads to destructive and unhealthy lifestyle habits. We will demonstrate how our inability to manage the cumulative stress from daily exposures to adrenaline and trauma negatively affects our safety, decision-making and ones ability to remain ethically solid.

You, your work "family" and your loved ones will be armed with tools to manage the everyday unique stressors and will be able to recognize the warning signs for chronic and post-traumatic stress and suicidal behavior. You will leave with realistic, simple and successful methods to help rescue the rescuers!

- Stepping off the adrenaline roller coaster
- Understanding the "Terrible 10"
- Becoming aware of suicidal tendencies
- Recognizing the symptoms of PTSD
- Reducing critical incident stress
- Contrasting core values vs. situational values
- Identifying cumulative acute stress
- Distinguishing important warning signs
- Learning the four Cs of survival
- Understanding support keys and phrases
- And more

"If I would have known that this is what was going to be presented. I would have brought my spouse."

"Very realistic and it hit close to home. This is the best training class I have ever attended!"

"It helped me understand why my dad acts the way he does sometimes. I realize how I can help now instead of getting upset."

- *"You and Mike are saving lives, saving relationships and preventing substance abuse with every presentation. Every public safety employee should attend this valuable training."*
- *"This is one of the best classes I have taken. It should be a requirement by the state!"*
- *"I thought it was going to be the type of training where afterwards we would all go hug a tree together...I was extremely happy it was the exact opposite. It was amazing training!"*